

Inside: Meet the BMX champion \* Base combined graduation \* Inside the Insider: SnoFest guide \* Anthrax vaccine \* Flu vaccine update

Sentinel • November 5, 2004 Wired

# Commentary

# Playing in the Gray Area

Senior Master Sgt. Lisa Kuehnl 90th Mission Support Squadron

I was a first sergeant for eight years and during that time I stood next to a good number of troops as they, most often wearing their service dress uniform, reported in to the commander. Some of these troops were receiving Article 15 punishment while others were being issued letters of reprimand and having Unfavorable Information Files open. At other times the commander preferred court martial charges, denied reenlistment or served administrative discharges.

Nearly without exception, these troops' appearance before the commander was not the result of their first act of misconduct. Most of these troops had received numerous counselings and reprimands from supervisors, superintendents and even flight commanders. Yet, they had continued to "play in the gray area."

The "gray area?" You know what I mean ... How late is late? Do you think it is OK to arrive a minute or two late for duty? What about that little ding you just put in the car parked next to you? It isn't that big. The other guy will never even know and nobody saw you do it. OK, so you had too much to drink last weekend and while you and a friend were wrestling around, a chair in the dayroom was broken. Come-on, the Air Force should have bought tougher furniture. Drinking under age. Come on, everybody does it. Oh, and that check you just wrote at the BX ... not to worry, payday is the day after tomorrow. The check will clear by then. Do any of those sound familiar?

What about these? Have you ever looked away from something you knew was wrong without correcting it because you didn't want to get involved? Did you correct the Airman who was wearing the uniform incorrectly, or did you just let it go telling yourself some one else will correct them? Have you ever "forgotten" something you heard because you didn't want to get some one in trouble? Or did you let something go by that you could have

helped to fix, because it wasn't really your job? These too are examples of playing in the "gray area".

One of the Air Force's three core values is integrity. The simplified definition of integrity is doing what's right when no one is looking. There is no gray area when it comes to integrity. There are no excuses. Integrity often comes at a great price. But to those who don't have it, there is no amount of money that can buy it. Integrity is built one decision at a time.

Whether you are an Airman newly arrived from technical training and trying hard to make friends and fit in or a young NCO with increased responsibilities, you have decisions to make everyday that will either build your character and strengthen your integrity or that could lead you to that unenvious position of standing at attention in front of your commander prepared to receive punishment. The decisions we make often seem to have little or no consequence, but that is far from the truth. Every decision we make demonstrates who we really are and what is important to us. Those willing to cut corners or take the easy way are playing in the gray area. Where will your next decision find you?



# **Hoops Shots**

Happy November Mighty
Ninety! I personally love November. To me it's the most patriotic
month of the year between Election Day (unique among nations),
Veterans Day (celebrating the
sacrifices of those who serve) and
Thanksgiving Day (first proclaimed to celebrate the ratification of the Constitution we have
sworn to protect and defend).
And we had much to celebrate in
our wing.

First, congrats to Maj. Thomas Rogers of our Mighty JAGs for completing the Marine Corps marathon - a huge personal accomplishment!

Next, I got a terrific e-mail on Staff Sgt. Douglas Bolton of our Mighty Defenders. Sergeant Bolton was the flight security controller at K01 where he kept a calm demeanor despite very rude treatment from visitors to the site. He followed every procedure to the letter and is routinely admired by those on site for his professionalism and expertise. We're proud of this squared-away NCO!

I presented my coin to another Mighty Defender - in fact one so new he was still in Phase 1 training. Airman Dervell Purnell met me late on a Saturday night when I popped into Dorm Escape to check things out. He was volunteering behind the counter and turns out he stayed 3 and a half hours passed his shift because his relief did not show up. Here is a troop who's barely out of FTAC and already stepping up to support fellow airman on his off-duty time. Well done!

Another new leader in our wing is 1st Lt Dave Meredith, 400th Missile Squadron, who gave a sound bite to reporters during an interview that mentioned our last class of Peace-keeper missiliers. This class has just arrived and is already making history.

I read a terrific report on an outside inspection of our Preci-

sion Measurement Equipment Laboratory. Some highlights include: a rarely achieved low number of process effectiveness nonconformities: the 90th Civil Engineering racking up a 5th consecutive evaluation of keeping the Environmental Control System above 97 percent; workable and total backlog numbers 4.6 and 7.3 days below Air Force averages; scheduling that kept overdue rates 67 percent below Air Force averages; and maintenance control that kept our awaiting parts rate 50 percent below Air Force averages. The technical competence, training and teamwork it takes to pull results like this are inspirational - I salute each of you for an outstanding job!

For those of who wonder if our drug testing program truly is random I can say it certainly is since this week I had the letter delivered to me. I've done this several times in my career and have to say that Mr. Alvin Dyke runs the most professional program I've encountered. Staff Sgt. Stacey Craps from civil engineering had the monitoring duty and though it's probably not how he wanted to spend his day (or how he wanted to interact with the wing commander), he was everything you'd expect of an NCO in this situation. This is an important and serious program and we carry it out with all the diligence and dignity we demand thanks to these two and dozens like them across Team Warren.

Be sure to check out next week's Sentinel. Second Lts. Ben Washburn and Jesse Goens, Staff Sgt. Merritt Helmken and Airman 1st Class Bradley Stratton anchored the command's defender's challenge 2004 team. Their actions show our defenders remain all huah and all do-ah!

Col. Hoops

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Direct questions or comments to the Sentinel at 773-3381 or e-mail at <u>Sentinel@warren.af.mil</u>.

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#### On the Cover ...



November is Native American History Month. For information on activities throughout

the base, contact Ms. Sharon Beaudoin at 773-4887.



Airman 1st Class Timisha Garnes, 90th Medical Operation Squadron, checks the blood pressure of a PRP patient. The 90th Medical Group unveiled a new clinic Monday, specifically designed to meet the needs of those who are in the Personnel Reliability Program. Besides missileers, there are more than 1,700 Warren Airmen who are on PRP. Previously, they were taken care of within the Family Practice area of the clinic. Now that the PRP clinic has a larger facility to work with, the clinic can provide improved continuity of care and exercise greater control over the program. For more information about the new PRP clinic, call 773-3580/3559. For PRP appointments, call 773-3733.

## Flu vaccine info

Gen. T. Michael Moseley Vice chief of staff

As you know, there is a critical shortage of flu vaccine this year. The Air Force will strictly follow the Centers for Disease Control and the assistant secretary of defense, Health Affairs' prioritization and vaccinate only our critical operational forces and our beneficiaries who are medically high-risk. Airmen who are forward deployed in the global war on terrorism and in other high-risk areas are being vaccinated. Over the next month, our medical treatment facilities will receive enough vaccine to immunize all Airmen deploying with the next AEF cycle, certain national security positions, all medically high-risk beneficiaries, our healthcare workers and recruits. I expect all Airmen who are not in these groups to follow our commander in chief's example and forego the flu shot this year.

I also expect commanders to enforce additional measures that help prevent the spread of the flu. Hand washing is just one example. Another is to keep those ill with the flu home and away from their healthy coworkers. Trust your medics to provide you with the advice and support you need.

We will maintain our critical operational capabilities and protect our most vulnerable populations during this flu vaccine crisis.

Due to the fact that the 90th Medical Group receives flu vaccine updates daily, we have provided a number for flu vaccine update. The local number is 773-2170. For national updates, call the CDC at 1-800-CDC-INFO.

# PEACE KEEPERS

By A1C Nathaniel Turner, 90MMXS



# Warren loses one of its youngest members

"...So when a little child departs, we who are left behind, must realize heaven loves children, and angels are hard to find."

- Author unknown

Maelynn Nicole Gensman, 8 months, of Cheyenne died Oct. 27 at United Medical Center-West.

She was born Feb. 6 in Cheyenne and was known for her sparkling eyes, brimming with curiosity and her sweet, innocent smile.

She is survived by her parents, Senior Airman Heather Gensman, 90th Operations Support Squadron, and Dustin Gensman of Cheyenne; a brother, Michael Evan Gensman of Cheyenne; a sister, Lillyona Ann-Marie Gensman of Cheyenne; grandparents, Kurt and Vicki Gensman of Baskerville, Va., and Mike and Theresa Iselin of Tenino, Wash.; and great-grandparents.

A memorial service was held Tuesday at the High Plains Chapel on base.

"The death of Maelynn is not only a tragic loss for her family, but also for Warren," said Lt. Col. Angela Stout, commander of the 90th Operation Squadron. "The 90 OSS, as well as the entire base, will continue to offer our support to the Gensman family during their time of need."

Services and interment will be in Tenino, Wash.



CONTRIBUTIONS TO
THE MAELYNN NICOLE
GENSMAN MEMORIAL
FUND MAY BE MADE AT
THE WARREN FEDERAL
CREDIT UNION OR MAILED
TO: THE MAELYNN NICOLE
GENSMAN MEMORIAL
FUND, C/O WARREN
FEDERAL CREDIT UNION,
5105 RANDALL AVE.,
CHEYENNE, WY 82001.



## **Briefs**

#### Family Share Project

Are you an Airman who can't be with your family for the holidays? Through the Family Share Project, you can sign up to share a holiday meal with a local family.

Are you a family who has room at your table for holidays? The Family Share Project can make the holidays special for your family and an Airman.

For more information, call Ch. Phillips at 773-3442 or the chapel at 773-3434.

#### Self Help work

If you have completed any self help work at your quarters and have received a letter instructing you to come into the housing office and fill out an acceptance form or an AF Form 332 - do so. We need these forms to keep our records up to date.

If you are planning on doing any self-help work at your quarters, stop by the Housing Management Office, Building 306, to pick up an AF Form 332. For more information, call the housing office at 773-1840.

#### Make a cedar chest

A five-week class on building a cedar chest begins at the Wood Skills Center Wednesday. The class will be held on Wednesday and Friday nights from 7 to 9:30 p.m. Students will have the opportunity to complete a cedar chest before Christmas. Total cost for the class is \$284.75 and includes all materials and instruction. Class is limited to five students. Call the Wood Skills Center at 773-3166 or visit at 6905 Diamond Creek Way. They are open Tuesday through Friday, 11:30 a.m. to 9 p.m.

#### Renewal of cable

Housing residents and other Warren personnel can provide comments or concerns regarding the current franchise agreement between Warren and Bresnan Communications. The agreement is up for renewal in March. Comments or concerns should be sent no later than Dec. 6 to:

90CONS/LGCB ATTN: Sandra Rutherford 7505 Marne Loop F.E. Warren AFB, WY 82005-2860

## Combined Federal Campaign

The Combined Federal Campaign is still underway. To learn about a unique way to contribute, contact Capt. Christopher Kay at 773-3535.



# LOOK OUT BELOW

First Lt. Arthur Menke III, 90th Missile Operation Squadron officer in charge of team training, gives a tour of the Uniform 1 Missile Maintenance Training Facility to Capt. Jared VanWagoner, deputy director of the Air Force Academy International Exchange Program, 2nd Lt. Sixto Marin, Spanish air force academy cadet and several other Spanish air force academy cadets. The tour, which included air force academy international cadets from Spain, Chile, Germany, Canada and France visited Warren Oct 21

# Anthrax Vaccine taken off the market again

On Oct. 27, the United States District Court for the District of Columbia issued an injunction against the current operation of the Anthrax Vaccine Immunization Program. This is similar to the injunction issued last December, at which time DoD paused the vaccination program pending clarification of the legal issued. That earlier injunction was lifted about two weeks later.

This new injunction is based on a conclusion by the Court that the Food and Drug Administration was

required by its regulations to solicit additional public comments before finalizing its conclusion that anthrax vaccine is safe and effective for protection against inhalation anthrax. While the DoD, FDA and the Justice Department proceed with steps to clarify these legal issued, DoD will again, effective immediately, stop giving anthrax vaccinations until further notice.

DoD remains convinced that the AVIP complies with all legal requirements and that anthrax vaccine is safe and effective.

# Construction corner

10th Calvary will be open for through traffic beginning Tuesday. Access to parking lots at Building 248, 250 and 306 will be opened Tuesday. For more information, contact Mr. Harry Furrey at 773-3539.



The following individuals have completed college degrees with help from the Warren Education Center. The combined graduation ceremony will be held 3 p.m. today at the Pronghorn Center. If you would like to learn about furthering your education, contact the Education Center at 773-2117.

#### Community College of the Air Force

## Associate's of Applied Science

Master Sgt. Daniel Alvarez Senior Airman Jibey Asthappan Master Sgt. Robert Barrowman Tech Sgt. Kurt Black Master Sgt. Rickey Blackford Staff Sgt. Brian Brodzinski Staff Sgt. Bryan Campbell Senior Airman Jesse Carmack Staff Sgt. Daniel Chairez Tech Sgt. Scott Coen Staff Sgt. Bruce Cunningham

Master Sgt. Robert Curran Staff Sgt. Jason Cvancara Staff Sgt. Kelley Donovan Senior Airman Carlos Espi-

Staff Sgt. James Fultz Staff Sgt. Milton Gregory Staff Sgt. Carlo Gutierrez Staff Sgt. Matthew Hall Tech Sgt. Matthew Haselden Staff Sgt. Gregg Hayford Staff Sgt. Jaime Hernandez Staff Sgt. William Hurley Master Sgt. Michael Kadrlik Senior Airman Zacariah Keyes Staff Sgt. Robert Keyser Master Sgt. Michael Lemke Staff Sgt. Stephanie Maldonado Senior Airman Terry Ogden Master Sgt. Edwin Orr Staff Sgt. Jason Padilla Staff Sgt. Marvell Patrick Tech. Sgt. Laura Pennell Master Sgt. David Randolph Senior Airman Craig Taylor Senior Airman Janell Thomas

Staff Sgt. John Upshaw Staff Sgt. Rosland Upshaw Tech. Sgt. Shelly Weckler Senior Airman Kristy Wells Master Sgt. Edwin White Master Sgt. Michael Whittaker

Staff Sgt. Alexander Wilson

#### **Embry Riddle Aeronau**tical University

#### Bachelor's Degrees

Senior Airman Robert Brown

#### Master's Degrees

Capt. Michael Bancroft 1st Lt. David Gallager Capt. Kenneth Mierz Capt. Jordan Murphy Capt. Timothy Purcell Capt. Michael Samuel Capt. Brent Wells Capt. Kenneth Winnings 1st Lt. Michael Woods Capt. Rowdy Yates

#### Park University

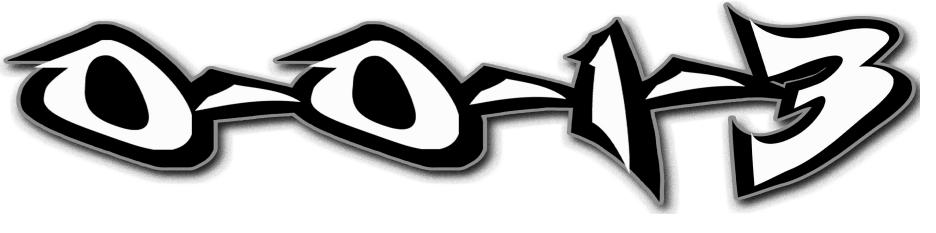
### Associate's Degrees

Barbara Hall Senior Airman Tony Short

#### **Bachelor's Degrees**

Tech. Sgt. Howard Bangs David Barr Steven Beistline Master Sgt. Debra Herndon Keith Mayo Tech. Sgt. Carl Rhea

THE BASE COMBINED **GRADUATION CEREMONY WILL BE** HELD 3 P.M. TODAY AT THE PRONGHORN CENTER





# Old Man Winter fails to spoil Warren's Halloween In spite of bad weather, Warren was able to entertain the base's ghosts and goblins



Pandora Janeway does her best to smash the pinata at the Trick or Treat off the Street Halloween party Sunday at the Fall Hall building. (Below) A volunteer, puts on a temporary tattoo on a princess at the Trick or Treat event. In addition to lots of candy, the event held a haunted house.



The 90th Medical Group had their own early trick or treating Oct. 29. Children and parents from all over the base attended the event.





Victoria Bard, throws the bowling (eye) ball at the ghostly pins during the Trick or Treat off the Street Sunday. Volunteer, 1st Lt. Dave Tipton, 90th Operations Squadron, helps the kids roll strikes.



# New SMSGT draped in coat of 20 AF history

Master Sgt. William Medema

20th Air Force historian

Generations of service to the nation, separated by 60 years, completed a bond between grandfather and grandson Monday. Twentieth Air Force memorialized the ties between these two Airmen with the promotion of Master Sgt. Michael "Chad" Cox to senior master sergeant.

As Sergeant Cox and his missile colleagues celebrated his promotion, they also remembered their connection to the past. With his father present, Sergeant Cox presented Twentieth Air Force the service coat worn by his grandfather 60 years earlier. As a gunner on a B-29 Superfortress crew, his grandfa-

ther flew combat missions over the Pacific in the war against Imperial Japanese forces.

Their story is also the story of Twentieth Air Force. Staff Sgt. Thomas Mack Cox, Sr. was assigned to the 29th Bomb Group, 314th Bomb Wing under Twentieth Air Force in the push to take the war directly to Japan. He flew 24 strategic combat missions against the Japanese home islands as part of a crew commanded by 1st Lt. William D. Coates of the 6th Bombardment Squadron. Among those missions, Sergeant Cox Sr. and the crew were awarded the Distinguished Flying Cross for a mission over Gifu, Japan. During this mission, the crew lost an engine and had to



Photo by Berni Ernst

Senior Master Sgt. Chad Cox, 20th Air Force, gets promoted by his wife, Mrs. Evelyn Cox and his father Mr. Thomas Mack Cox. His grandfather's World War II era 20 AF jacket is in the background. After being given the jacket by his father, Sergeant Cox donated it to the 20 AF.

leave the protection of the squadron's B-29 formation. Instead of returning

to base in Guam, they attacked a secondary target at an oil refinery in Gifu, causing extensive damage. As the war ended, the Coates crew flew in the formation of 500 Superfortresses over the USS Missouri commemorating the Japanese surrender on Sept. 21, 1945.

Sixty years later, Sergeant Chad Cox carries on that strategic heritage by serving as the Logistics Support

superintendent at headquarters, Twentieth Air Force. Following in the tradition of his grandfather's service, Sergeant Cox coordinates supply, transportation, technical orders and other logistics issues in support of a strategic mission reaching back through Twentieth Air Force in 1944. When he became part of Twentieth Air Force, Sergeant Cox researched his grandfather's service in World War II. He found they served in the same numbered air force separated by two generations. After discussing this connection with his father, who served in the Navy aboard the USS Forest B. Royal at the blockade of Cuba, Mr. Cox decided to give Sergeant Cox his grandfather's service coat and other artifacts to commemorate his promotion to senior master sergeant. Sergeant Cox then suggested that the service coat be donated for inclusion in the heritage display at the Twentieth Air Force headquarters building. They both agreed, and with the help

of the Warren base mu-

seum director, Mrs. Paula Taylor and visual information specialist, Mr. Matt Cox (no relation), a permanent display was created.

During his research, Sergeant Cox also discovered that the 6th Bombardment Squadron is now the 6th Aerial Refueling Squadron at Travis Air Force Base, Calif. Sergeant Cox is working with that squadron to design a new patch to commemorate the squadron's proud heritage as a combat unit in World War II.

Sergeant Mack Cox's service coat will remain on display in the lobby of Headquarters Twentieth Air Force. From grandfather to grandson, we honor the sacrifice and contributions of those who served and still serve their country. From the bombing missions flown by his grandfather over the Japanese home islands to the intercontinental ballistic missile support mission of Sergeant Cox, the men and women of Twentieth Air Force carry on the legacy of a strategic mission to protect the United States begun 60 years ago.



20th Air Force B-29s, like the ones Senior Master Sgt. Cox's grandfather flew, fly over the USS Missouri Sept 2, 1945. (Historical photo courtesy Master Sgt. William Medema, 20th Air Force)

# **Sports & Recreation**

# Youth high bowlers for the week

#### Little Pee Wees Ages 3-5

Michael Smith 90 game 30 pins above average Caleb Pushcar 90 game 32 pins above average

#### Pee Wee's Ages 4-6

Brandon Smith 100 game 41 pins above average Ashlyn Hess 82 game 31 pins above average

#### **Bantam-Preps**

Derrick Murray 511 high series handicap Bre McDowell 493 high series handicap Jordan Vrabel 180 high game handicap Janeta McDowell 177 high game handicap

#### **Junior-Majors**

Mikeal Barge 658 high series handicap
Brittaney Thomas 616 high series handicap
Zach Stephens 247 high game handicap
Lauren Crocker 218 high game handicap

For more information on youth bowling or to join a league, contact Ms. Agnes Colvin at 773-5172.



Photo by Airman 1st Class Lauren Sixh

One thousand brown trout from the Saratoga National Fish Hatchery were delivered to Pearson Reservoirs here Wednesday. In all, 5,000 fish are expected to be added. According to Cathy Pesenti, 90th Civil Engineer Squadron Environmental Flight, Warren recreation fishery is stocked at least once annually. To get a fishing license, contact Outdoor Recreation at 773-2988. For more information about the reservoirs, call Ms. Pesenti at 773-5494.

#### This page is reserved for outstanding Warren members who may not always get the recognition they deserved

# Chaplain's assistant brings all faiths together

Bring up the subjects of politics or religion in any conversation, and you're sure to get an earful from somebody. While some people argue that many religions have a lot in common, it's hard to get them to agree on just what that is. One thing that is not debatable is Warren's commitment to serving all Airmen of any religious denomination.

Having one office handle the affairs of several different denominational services would be a nightmare in the civilian world, but Warren's Chapel relies on our common bond as Airmen to ensure all military and civilians are able to practice their religion with no problems. Airman 1st Class Trudie Rickman, a chaplain's assistant with the Base Chapel helps make it all happen. First Lt. Darrick Lee talks with Airman Rickman.

I notice you've got lots of programs on your desk. Are they for the Baby Maelynn Memorial? Yes. I do the administration and support work with most of the chapel programs, including the various religious services and memorials. I handle scheduling of the facilities, and I also work a lot with Dorm Escape, helping out Chaplain Phillips. Basically, we try to make ourselves available for anyone who needs

Most people know that chaplains are part of a unique career group. They are not acquired through Officer Training School or traditional ROTC. What about your position ... are enlisted chaplain's assistants recruiting the same way? That's a common misconception about working in the chaplain's office. You don't have to have a specialized education in religion or theology to work here, but you will be screened prior to being placed in an office. I came in the Air Force as an open-contract, general enlistee. I put the job of chaplain assistant on my dreamsheet when I signed up, and they needed people in that position, so I was glad I was chosen. But before I was assigned, they interviewed me to see if I was a good fit.

Sounds like you enjoy what you're doing? Yes. I really like my job. I'm looking forward to deploying as a chaplains assistant. We protect the chaplains out in the field.

Are you deploying soon? Yep. I'm going to Ballad. I'm accompanying Chaplain Franke in January.

What's the most fun thing about your job? I enjoy visitations. I go with the chaplains when they meet with the Airmen. They make sure folks are doing okay. You get to meet a lot of people. Also, I get to know a lot of people by working with Dorm Escape.

What do you think other people don't understand about your job? Well, within the military, I think that people think that working in the chaplain's office is a 'cushy' job. But keeping all the

services on schedule and making sure they have what they need is a tough job. We have many different religious denominations at Warren ... we try to support all of them. What about civilian perceptions? Every time I tell the folks back home what I do, they think that I'm actually preaching or conducting religious services. I always have to explain that it takes a lot of administrative support to help the chaplains do their jobs.

Where is 'back home' for you ... where are you from? I'm from a small town called Sax, Va. It's two hours south of Richmond. You went to high-school there? Yes.

What's your favorite place to eat there? Well, I like The Cracker Barrel in any city. You know, they have one in Loveland, Colo. Yeah, I go there a



Photo by 1st lt. Darrick L

lot. What's your favorite dish? I love the chicken-fried chicken and fried okra!

Do you miss home? Yes, I miss my family and friends back home. My mother just visited me here last month, so I'm not so homesick anymore. She's probably the most inspirational person I know. I also have a niece, who is seven years old. She's my pride and joy.

Why leave Sax to join the Air Force? I need help with college. What do you want to study? Nursing. I spent a few years as an emergency medical technician before I joined. I really enjoyed that. I hope to get a nursing degree to complement my experience.

Well, thanks for chatting with the Sentinel, and good luck overseas. Thanks!

#### Colorado Eagles Pro Hockey Military Nights

Save on tickets at Outdoor Recreation for the Colorado Eagles Hockey games at the Budweiser Event Center. Tickets available for the game that begins 7 p.m. today against the New Mexico Scorpions and Nov. 27 against the Wichita Thunder. Tickets are \$16. For an additional \$8 transportation fee, ODR will drop you off and pick you up at the front door (avoid \$10 parking fee per car). Call 773-2988 for more information.

#### **Red Cross Swim Lessons**

Red Cross swim lessons begin Monday and Nov. 29, Monday, Wednesday and Friday, 5 to 6:30 p.m. The cost is \$21 (\$16 with family swim pass). Saturday classes begin tomorrow and Dec. 4, 9 to 10 a.m. The cost is \$15.

#### Olympia Swim Lessons

Has your child accelerated rapidly through traditional swim lessons but doesn't want to join swim team yet? Or does your child need stroke improvement? Olympia gives students help with stroke development and preparation for swim team. New classes are Tuesday and Thursday, 5:30 to 6:30 p.m. starting Dec. 7. The cost is \$24 per session - eight half-hour lessons. Call the Aquatic Center at 773-3195.

#### Did Someone Say SNOW?

If it's out there, we'll find it! Bring your visiting holiday company on a ski trip with Outdoor Recreation the day after Thanksgiving, Nov. 26. The cost is \$45 per person and includes skis, boots and poles. For an additional \$5 take a snowboard instead (blades also available). Always a popular trip, sign-ups limited to first 14 customers, so sign up early. The location is to be announced. For more information, call 773-2988.

#### Transmission flush special at Auto Skills Center

Save \$10 on a transmission flush during November. Call 773-3869 for an appointment.

# Family Day at Chadwell Dining Facility

Sunday is Family Day at Chadwell Dining Facility. All active duty members may bring their family members with military ID cards to dine at Chadwell, noon to 1:30 p.m. Also invited are family members of the deployed.

For more information, call 773-3838

#### Family Bowling Day at Warren Lanes

Sunday afternoon open bowling is reduced for Family Day at Warren Lanes. The entire family can bowling for only \$6.50 per hour/per lanes from noon to 6 p.m. For more information, call 773-2210

#### Veterans Day bowling special

Come to Warren Lanes Veterans Day, Thursday, 11 a.m. to 5 p.m. and save. Bowl for \$5 per hour and rent shoes for 50 cents.

For more information, call 773-2210.

#### Pie Festival at Child Development Center

All children and parents of children enrolled in the CDC are invited to a Pie Festival Nov. 19 at 3 p.m.

For more information, call 773-2331

## Family circuit training at Freedom Hall

All base families are invited to the Family Circuit Training at Freedom Hall Nov. 20, 10 a.m. Deadline to register is Nov. 17. Enjoy shaping up with the entire family. Experience some fun with fitness rolls, jumping jacks, balancing acts and ball tosses. This is for everyone ages 6 and older. Lots of goodies will be given away including hats, t-shirts and gym bags.

For more information, call 773-6172.

## Family Swim at the Aquatic Center

Family Swim is every Saturday, 1 - 5 p.m. Pay no more than \$10 for immediate family members only.

For more information, call 773-3195.

# Outdoor Recreation offers a ski trip!

Always a local favorite, Snowy Range Ski Area will be our skiing destination for the Thanksgiving holiday weekend, Nov. 28. It's close, affordable and our staff expert will be available for free snowboard instruction (first 10 to sign up). The cost is \$35 per person and includes ticket, equipment and transportation. Call 773-2988 for more information.

## Skills Development Center family activities

Have a professional family portrait taken by our photographer and receive 15 percent discount on framing. What a great Christmas gift for those back home. Call for an appointment on Nov. 17.

Handcrafted gifts make a very meaningful present. Start on your Christmas projects and save 20 percent on all holiday ceramic greenware you can paint during the month of November.

For more information, call 773-3166.

# Ask Antoine the Antelope

Hey, folks! I'm Antoine. You've probably honked at me once or twice out on Randall Avenue. As you know, we antelope are all over the base, so we pretty much know everything there is to know about Warren. Ask me a question by e-mailing Sentinel@warren.af.mil.

A reader asks: "I'm from New York City and I've never seen an antelope before. What's the difference between you and a deer or a goat?"

Well, my close friends in the know call me a pronghorn, because I'm none of the above. While most folks refer to me as an antelope, I'm not a true antelope because I shed the black exterior part of my horns each year. Antelope around the world have horns that continue to grow. My scientific name in Latin translates into American Antelope Goat. Even though some of my hunting companions refer to me as a "speed goat" when they are chasing me, it's only referring to the fact I'm the fastest critter on four legs in North America. I've been clocked at more than 60 miles per hour, but normally I just run as fast as I feel I have to. I'm unique to the world. The pronghorn is the only animal classification in this family. While I may look like an antelope, run like a goat and feed on similar food deer eat, I'm not related to them.

# Health and Wellness Center

#### Pre-natal fitness and nutrition education

Missile-aneous

Pregnant? - Come and join the HAWC for some pre-natal physical fitness and nutrition education. Call 773-4292 to schedule your class today. Dates available:

Nov. 9 - 1:30 p.m. to 3. Nov. 23 - 10 a.m. -11:30

#### Healthy Cooking Demonstration & Nutrition Talk

Come to the HAWC cooking demonstration showing you new recipes and low fat preparation methods, along with quick and easy menu ideas presented by HAWC staff and guest chefs monthly. Sign up in advance to reserve vour seat now.

#### **Relaxation Room**

Would you like a place to get away from it all for 30 minutes? Our Relaxation Room offers a great way to relax with an easy to operate massage chair in a quiet, subdued area of the HAWC. Ask about the relaxation music option!

#### 3-2-1 Circuit Training

3-2-1 is performed as three minutes of aerobic conditioning, followed by two minutes upper body/lower body muscular endurance conditioning, followed by one minute intense anaerobic conditioning. This format is cyclical, lasting 30 minutes. Class length is one hour and includes an appropriate warm-up, cool-down and stretching phase. Classes are offered every Thursday at the Freedom Hall gym from noon to 1 p.m. Incentive items are free to newbies.

#### Micro fit Assessment

Want a full fitness assessment with one-on-one attention? Micro fit assesses your blood pressure, flexibility, aerobic endurance, body composition and muscular strength. Upon completion of the assessment, you will receive a comprehensive analysis and explanation of you scores in each area. Appointment length is approximately one hour. Call the HAWC today to schedule and receive your free water bottle.

#### **Healthy Heart Class**

This two-hour initial nutri-

tion course will show you the preventative approach to defying heart disease. Learn about the "whys," "what ifs," and "how tos" for improving your cholesterol and triglycerides. Increase your knowledge of techniques to lower total fat and saturated fat in your diet and how to increase your fiber consumption.

#### **Tobacco Cessation Pro**grams

At the HAWC we offer two programs:

The American Lung Association Call Center Program is a 1-800 number to have one-onone telephone consultation. No appointment required, and no waiting for the next class. Just call 1-800-548-8252 between 6 a.m. through 6 p.m., Monday through Friday.

The QuitSmart Program is a four-class series that will provide you the support and guidance necessary to make a lasting commitment to change. We also offer individual sessions as needed for shift workers. Call 773-4292 to find out more about these programs.



# Arrive Alive



HAVE YOU EVER FOUND YOURSELF IN A SITUATION WHERE YOU DIDN'T THINK YOU COULD GET HOME SAFELY? ARRIVE ALIVE NOW OFFERS SAFE, FREE TRANSPORTATION. JUST CALL 433-1661 BETWEEN 6 P.M. AND 6 A.M. AND RECEIVE A FREE RIDE WITH A VALID MILITARY ID. ARRIVE ALIVE CARDS WILL BE DISTRIBUTED DURING RIGHT START AND FIRT TERM AIRMAN CENTER AND WILL ALSO BE AVAILABLE FROM YOUR FIRST SERGEANTS.







